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Cap. 2

NOV 10 1966

CURRENT SERIAL RECORDS



FRUITS and VEGETABLES FOR VITAMIN C

a good choice for the thrifty family

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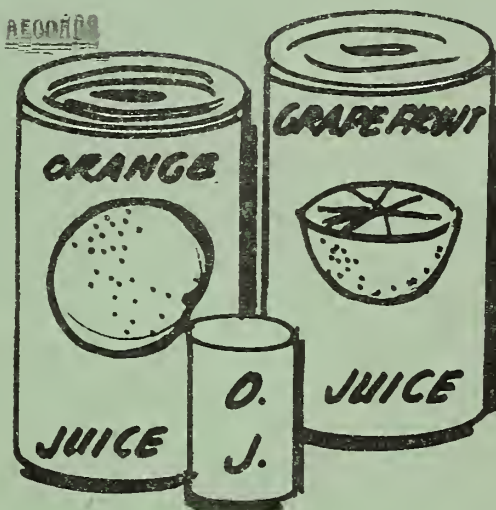
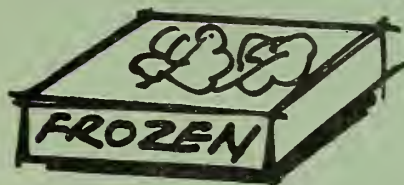
NOV 10 1966

CURRENT SERIAL RECORDS

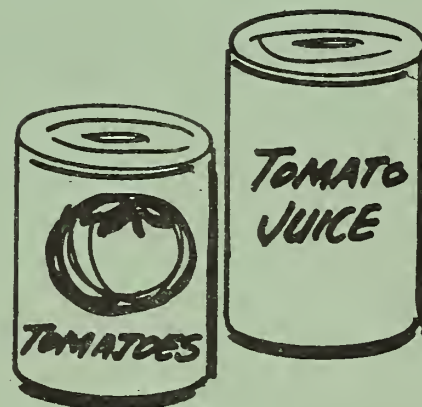
These Vitamin C
foods are almost
always good buys



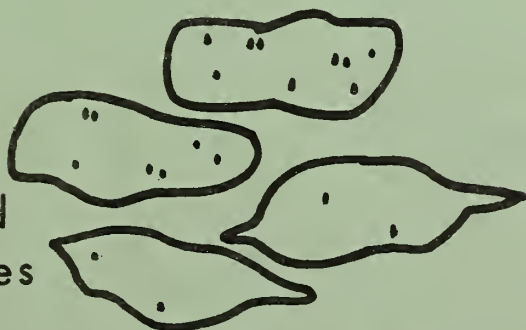
Dark Leafy Greens



Canned or Frozen



Potatoes and
Sweetpotatoes



Cabbage

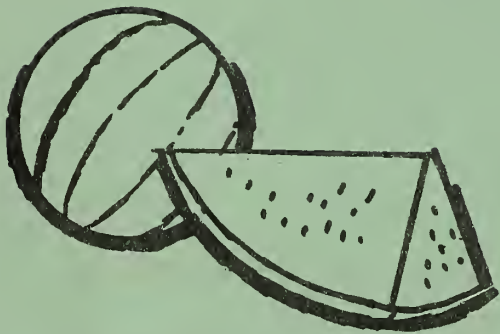
EAT ONE OR MORE
VITAMIN C FOODS EVERY DAY

C&MS-28

U.S. Department of Agriculture • Consumer and Marketing Service • Agricultural Research Service



Some Vitamin C foods are Good Buys at certain times of the year



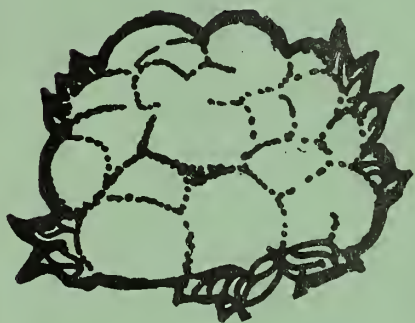
Cantaloup and Watermelon



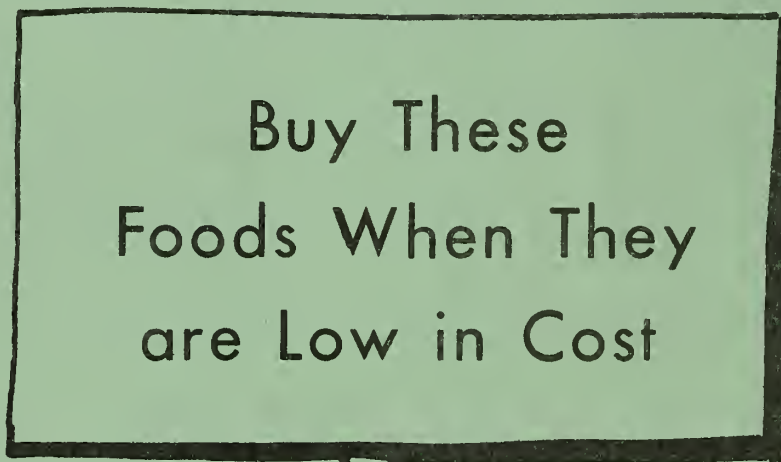
Strawberries



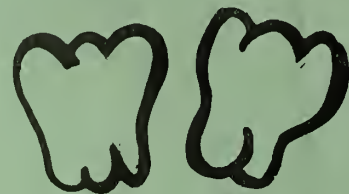
Broccoli



Cauliflower



Brussels Sprouts



Red and Green Peppers



Oranges, Grapefruit and
other Citrus Fruits and Tomatoes



Asparagus

OVERCOOKING DESTROYS VITAMIN C



covered pan
little water



Watch the
Cooking Time



Serve
at once!

Green vegetables should be cooked just 'til tender!